

## PartnerSHIP 4 Health Special Edition

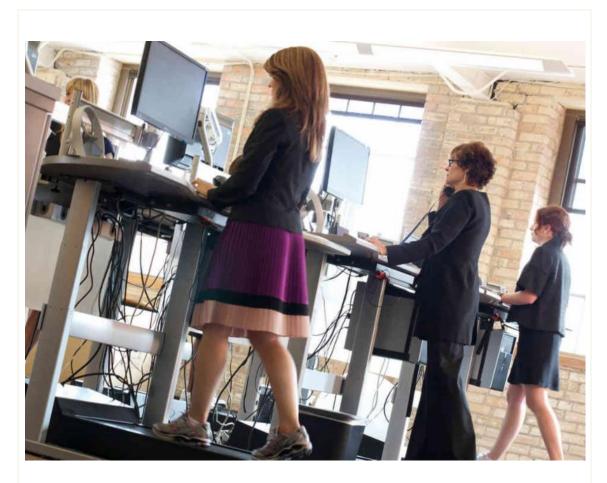
Be a part of our 2019
Worksite Wellness Collaborative!

www.partnerSHIP4health.org









# **WORKSITE A WELLNESS**

Make your organization the employer of choice!

PartnerSHIP 4 Health is now accepting new participants in the upcoming Worksite Wellness collaboration.

Contact Karen Nitzkorski at

### **Past Participants**

Arvig Enterprises, Perham
Bigwood Event Center, Country
Inn & Suites, Fergus Falls
Blue Sky, Inc., Detroit Lakes
City of Detroit Lakes
City of Dilworth
City of Fergus Falls

(701) 371-9644

or knitzkorski@gmail.com by December 14th for more details.

## What is the PS4H Worksite Wellness Collaborative?

- 10 businesses/organizations across the region meeting together to learn from experts about the best practices for wellness in the workplace.
- Learn practical steps that organizations can take to support the health of employees, which is one of the most important things an organization can do to manage costs and improve productivity
- Use proven resources and tools to assess, create an action plan, and evaluate progress
- Learn firsthand from other successful organizations that create long term sustainable change
- Training is offered at NO COST

#### Why participate in the collaboration?

Worksite Wellness can save money, increase productivity, and improve employee health.

Studies associate poor health with reduced employee performance, safety, and morale. The organizational costs of employees in poor health and those with behavioral risk factors include:

- Higher health care expenses (medical and pharmacy)
- Higher disability and workers' compensation expense
- Three in ten Americans entering the workforce will eventually become disabled before they retire
- Decreased productivity at work
- Increased absenteeism
- Increased employee turnover

"This was a great opportunity, so thank you! Hearing from other organization on what were their struggles and successes really helped me to evaluate

Clay County ComDel Innovation, Wahpeton Compassion Care, Fergus Falls Concordia College Creative Care for Reaching Independence, Moorhead Detroit Lakes Community and Cultural Center Detroit Lakes Newspapers Ecumen, Detroit Lakes Essentia 7-Day Clinic, Fargo, Moorhead, Detroit Lakes Essentia Health St. Mary's, **Detroit Lakes** Eventide Senior Living, Moorhead Family HealthCare, Fargo-Moorhead Fergus Falls Public Schools Forum Communications Printing, Detroit Lakes Great Plains Food Bank KLN Family Brands, Perham Lake Region Healthcare, Fergus Falls Lakes Country Service Cooperative, Fergus Falls Lakes and Prairies Community Action Council Lakeshirts, Inc, Detroit Lakes Lakeland Mental Health, Fergus Falls, Detroit Lakes, and Moorhead M/State Campuses, Fergus Falls, Detroit Lakes, Moorhead and Wadena Mahube-Otwa Community Council, Detroit Lakes and Fergus Falls Midwest Bank, Detroit Lakes MnDOT District 4, Detroit Lakes Moorhead Area Public Schools North Dakota State College of Science, Wahpeton and Fargo Orthopedic & Sports Physical Therapy Inc, Breckenridge Otter Tail County Otter Tail Power Company, Fergus Falls Pelican Valley Living Center Perham Health Productive Alternatives, Fergus Falls ProResources, Detroit Lakes Red River Human Services Foundation, Wahpeton, Breckenridge, Fargo Ringdahl EMS, Fergus Falls, Pelican Rapids St. Francis Healthcare, Breckenridge Sanford Health, Human

our program and what we could do better." -ProResources, Detroit Lakes

Click below to read how
Stoneridge Software Made
Healthy Options a Worksite Reality



Click here to read about another one of our great partners, Lakeshirts!

Resources and Marketing Departments, Fargo Sanford Health, Pelican Rapids, Wahpeton/Breckenridge Serenity Assisted Living, Dilworth Solutions Behavioral Healthcare, Detroit Lakes, Fergus Falls, Moorhead Stoneridge Software, Barnesville StoneL, Fergus Falls United Community Bank, Perham Vector Windows, Fergus Falls Wahpeton Public Schools West Central Initiative, Fergus Falls

#### **Worksite Wellness Strategies**

- Increasing Healthy Food Options
- Increasing Physical activity options
- Decreasing Tobacco use & exposure
- Breastfeeding Support
- Stress Management

Above photo was found on precisionnutrition.com. Accessed 20 Jan 2015. Web. http://www.precisionnutrition.com/sitting-standing-walking-work

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